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Review Article

Taryaq-i-Waba'i: A review on Potent Compound Formulation of Unani Medicine with special reference to epidemic/pandemic diseases

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ABSTRACT

Unani System of medicine is one among the oldest systems practiced all over the world. Hippocrates, father of medicine also known as father of epidemiology was the first who had written about the diseases which spread as epidemic or pandemic. After him Galen had mentioned the prevention and management of pandemic/epidemic diseases, and given several drugs for its management. A large number of Unani crude drug and compound formulations have been mentioned in the context of the prevention and management of *Waba'i Amrad*. Mostly all the *Waba'i Amrad* have pyrexia with other symptoms according to the involvement of systemic organs. One of the most important formulation is *Taryaq-i-Waba'i*, a poly herbal pharmaceutical preparation, in the form of Pills (*Huboob*), and is cited by almost all the physicians of Unani Medicine viz; Jalinus, Azam Khan, Ajmal Khan, Kabiruddin etc. in their treatises. In Unani system of medicine, *Amrad-i-Waba'i* is described under a broad term which encompasses various contagious diseases which occurs due to impairment of environmental conditions related to air, and water. This compound formulation contains four ingredients, includes Aloe, Myrrh, Crocus and rose water. It is indicated as antidote, anti-epidemic and used for the treatment of epidemic fever, poisonous bites etc. There is no any scientific study has been done on the formulation but it is used by Unani practitioners since time immemorial. So here a brief description of the compound and its ingredients on the scientific basis is being presented for further study on the basis of *Amrad-i-Waba'i*.

Keywords: *Taryaq-i-Waba'i*, Epidemic/Pandemic, *Crocus sativus*, Unani Medicine.

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INTRODUCTION

Unani System of medicine is one of the oldest systems which is based on the Hippocratic theory of *Akhlat-i-Arb'a* and *Arkan-i-Arb'a*. This system of medicine included a great deal of ancient Egyptian medicine as well as important components of the ancient Mesopotamian traditions. The methods of treatment according to Unani System of Medicine is divided into four different parts namely *Ilaj Bi'l Ghiza* (dietotherapy), *Ilaj Bi't Tadbeer* (regimenal therapy), *Ilaj Bi'l Yad* (surgery) and *Ilaj Bi'l Dawa* (pharmacotherapy). Considering pharmacotherapy, both single and compound drugs are being used. Among the poly-herbal drugs, various formulations such as Ma'jun, La'uq, Taryaq, Khamira, Huboob, Aqras, Shayyaf, Sharbat, Araqiyyat etc. are being used

from centuries with great reputation for treatment of various systemic and local ailments. Among them *Taryaq* are the drugs which are used for treatment of various disorders including *Amrad-i-Waba'i*, and other systemic disorders. Various forms of *Taryaq* are used like *Huboob*, *Powder*, and *Ma'jun* ^{1,2}. This formulation *Taryaq-i-Waba'i* is made in the form of *Huboob* ^{3,4}. *Huboob* (pills) are small, round and uniformly shaped medicinal preparations, which are somewhat difference from Aqras (tablets) and *Banadiq*. Aqras are flat and circular in shape and *Banadiq* are round but bigger form of *Huboob* and weigh from one to three gram, but the weight of *Huboob* vary from one tenth of a gram to one gram ¹. *Taryaq-i-Waba'i*, also mentioned as *Taryaq-i-Afa'i* by Hakim Azam Khan and *Habb-i-Ta'un* by Hakim Kabiruddin ^{3,4,5}. By almost physicians it is accepted

that if any person has used this formulation during epidemic/pandemic spread, he will be prevented from the diseases. According to Kabiruddin its use prevents the body from epidemic diseases like *Ta 'un* (plague), *Haida* (cholera) and *Jadri* (small pox) etc. It is attributed to Galen of Rome who formulated the compound and said that, if a person takes during epidemic/pandemic spread he will be prevented from the disease. ^{4,5}

METHOD OF PREPARATION:

According to some of the Classical Unani Books, the preparation of *Taryaq-i-Waba'i* contained only 4 ingredients viz, Aloe, Mur Makki, Zafran (*Crocus sativus*) and Arq Gulab (Rose water). The formula for preparation of *Taryaq-i-Waba'i/Tiryag-i-Afa'i* is given in Bayaz-i-Kabir, AL-Qarabadeen and Qarabadeen-i-Azam and NFUM as follows:

Two methods for the preparation of *Huboob* are used (i) Manual Process and (ii) Mechanical Process. ^{4,13} *Taryaq-i-*

Waba'i is made using *Arq Gulab* (rose water) as a base for dissolving Zafran (*Chrocus sativus*) by slow grinding. After that finely grinded powder of Mur Makki (*Commiphora myrrha*), and *Elwa*, (*Aloe barbadensis*), is mixed into the *Mahlool* of Arq Gulab and Zafran to make a Lubdi. Finally pills of gram size are being made from the lubdi. ^{3,4,5}

Table 1: Formula of Preparation of *Taryaq-i-Wabai* according to Kabiruddin (1935), [4] Anonymous (2006) ²⁵

S.N	Ingredients	Quantity
01.	<i>Aloe vera</i>	10 gm (2 part)
02.	<i>Commiphora myrrh</i>	5gm (1part)
03.	<i>Crocus sativus</i>	5gm (1part)
04.	Arq Gulab	100 ml (10 part)

Table 2: Brief description of the ingredients present in *Taryaq-i-Afa'i* in accordance to parts used, temperament, action their uses and pharmacological studies.

S.N	Drug (Botanical name)	Parts Used	Temperament	Action & Uses	Pharmacological Studies
01.	<i>Aloe vera</i>	Resinous substance	Hot and dry in 2 nd degree ⁶	Emollient, purgative, stomachic, hepatoprotective; used in constipation ^{6,7}	Antioxidant, ⁸ , Antiviral, ⁹ Anti-Inflammatory ¹⁰ , Immunomodulatory, Analgesic ¹¹ , Antiaging ¹²
02.	<i>Commiphora myrrh</i>	Oleo-gum-resin	Hot and dry in 2 nd degree ⁶	Antiseptic, siccative, detergent, carminative, stomachic, expectorant, anti-inflammatory, deobstruent; used in epidemic/pandemic spread, constipation, cough, asthma, dryness of throat, hoarseness of voice ^{6,7}	Antioxidant, anti-bacterial ¹³ anti-inflammatory ¹⁴ , analgesic ¹⁵ , neuroprotective ¹⁶ , antiviral, Hepatoprotective ¹⁷
03.	<i>Crocus sativus</i>	Stigma	Hot in 2 nd and dry in 1 st degree ⁶	Anti-inflammatory, detergent, cardio-tonic, liver tonic, diuretic; used in hepatitis, metritis, cardiac weakness ^{6,7}	Anti-Aging ¹⁸ , antioxidant ¹⁹ , antidiabetic, dyslipidemic ²⁰ , Anti-inflammatory, analgesic ²¹ Antidepressant ^{22,23}
04.	Arq Gulab	Rose water	Murakkabul Quwa, near to cold ⁷	Anti-inflammatory, analgesic, cardiotonic, brain tonic, exhilarant; useful in palpitation, syncope ^{6,7}	Antioxidant (in vitro), Hypnotic ²⁴

Dosage and Method of administration: 1-2 pills are recommended. During pandemic for prevention purpose, 2 pills at morning or bed time is indicated along with *Arq-i-Badiyan* 120 ml or *Arq-i-Gulab* 50 ml, for 2-3 days in every week, but should be avoided, when a person become affected from pandemic. ⁴ Sometimes it is taken in quantity of 2 ¼ gm with vine or any other similar liquid, it prevents form diseases during epidemic/pandemic spread. ⁵

Action and Uses: It is indicated for *Dafi' Samoom* (antidote), *Dafi' Athrat-i-Waba* (antiepidemic) and used for the treatment of *Humma-i-Waba'i* (epidemic fever), *Ta 'un* (plague), *Laza-i-Hashrat* (insect bite). ^{3,4,5,25}

DISCUSSION:

Elwa (*Aloe barbadensis*): It is an important drug of Unani Medicine, which is obtained from the dried juice of Aloe vera

leaves pulp. It is also known as Sibr. It is hot and dry in 2nd degree. ⁷ It has *Mushil* (purgative), *Muhallil-e-warm* (resolvent), *Muharik-e-Kabid* (liver stimulant), *Mulayyin* (emollient), *Mushil* (purgative), *Muqawwi-i-Mi'da* (stomachic), *Muqawwi-i-jigar* (hepatoprotective) effects etc. ^{6,7,26}.

Mur Makki (*Commiphora myrrha*): It is an oleo-gum-resin obtained from a large and beautiful plant *Commiphora myrrha* Engl. of family Burseraceae. It is commonly known as *Mur Makki* in Unani System of Medicine. The drug is hot and dry in 2nd degree and recognized to possess significant *Muhallil* (anti-inflammatory), *Mundij* (concoctive), *Dafi' ta'ffun* (antiseptic), *Mulayyin* (laxative), antitumor and antidote properties. ^{6,7,26}. The gum contains polysaccharides and low proteins and tannin and high calcium, while the volatile oil is composed of steroids, sterols and terpenes ²⁷. Flavonoids, alkaloids, tannins, glycosides, steroids, saponins, tannins and

terpenoids were identified in Methnolic extract. Various studies such as antioxidant, anti-bacterial, ¹³ anti-inflammatory, ¹⁴ analgesic ¹⁵, neuroprotective ¹⁶, antiviral, hipatoprotective ^{17,28} activities can make it useful for pandemic/epidemic spread.

Zafaran (*Crocus sativus*): Dried stigmas and styles are used for its *muḥallil* (anti-inflammatory), *mundij* (concoctive), *qābid* (astringent), *mugarri* (adhesive) and *mufattiḥ* (deobstruent) properties so used as *mufarreh qalb* (exhilarant), *muqawwi-i-qalb* (cardiotonic), *muqawwi-i-dimāgh* (brain tonic), *muqawwi-i-aṣāb* (nervine tonic), *muqawwi-i-jigar* (liver tonic), *muqawwi-i-baṣr* (eye tonic), *muqawwi-i-mi'da* (stomach tonic), *muqawwi-i-gurda* (renal tonic), *muharrrik-i-bāh* (sexual stimulant), *mudirr-i-bawl* (diuretic), *musakkin* (sedative), *dāf-i-tashannuj* (antispasmodic), *munaffith-i-balgham* (expectorant), *mu'rriq* (diaphoretic), *mudirr-i-ḥayd* (emmenagogue) properties. ^{6,7,26} On the basis of these properties, Zafran used for the treatment of *Shaqiqa* (migraine), *Warm Tajawif-i-Anaf Muzmin* (chronic sinusitis), *Ihtibās-i-Bawl* (urinary obstruction), *Sozish-i-Bawl* (inflammation of the urinary tract), *Mālankholiā* (melancholia), depression, *Ṣadma* (shock), menstrual disorders, *Su'al yābis* (dry cough), *Shahiqa* (whooping cough), *Warm Sho'ba al-riya* (bronchitis) etc. It is added in *Surma* (collyrium) and applied in eyes to induce shining and to cure *Khafash* (snow blindness), *Zarqa* (blue discoloration of eye) and day blindness ^{29,30}. It also glows the body complexion ²⁹.

Arq-i-Gulab (rose water): Arqiyat are liquid preparations, obtained by the distillation of fresh aromatic flowers, fruit juice, seeds or or crude drugs in aqueous medium ⁴. Different types of Arqiyat like Arq Gulab, Arq Kewra, Arq mundi, Araq Badiyan, Arq Kasni etc., have been used either alone or as an ingredient in different compound formulations by the traditional practitioners for the treatment of disorders related to various organs. ¹⁴ Arq Gulab is a clear, non-viscous, liquid preparation obtained by the aqueous distillation of dully macerated *Rosa damascena* flowers. ⁴ It is described to be *Mubarrid* (refrigerant), *Muhallil* (anti-inflammatory), *Musakkin* (analgesic), *Dafi'Atash* (reduces thirst), *Naf-i-Ashob-i-Chashm* (gives relief in conjunctivitis), *Mufarriḥ* (exhilarant), cardio-tonic, properties and used for the management of anxiety, syncope, palpitation and provides strength and cheerfulness to heart. ⁴ It is mainly prescribed when there is a weakness of the principal organs of the body like Brain, Heart and Liver. According to study done by Golla et al. 2011 Arq Gulab was found to possess significant hypnotic activity in albino rat and in vitro antioxidant activity ²⁴.

CONCLUSION

In the light of above discussion the inference may be drawn that the *Taryaq-i-Waba'i* is one of the best Unani formulation with a lot of health benefits. It has been mentioned by renowned Unani physicians for prevention and management of epidemic and pandemic diseases under the name of *Amrad-i-Wabai*. Various functions of *Taryaq-i-Wabai* is attributed to its various ingredients which possess antioxidant, antiviral, immunomodulatory, anti-inflammatory, tonic for nerves, brain, heart and liver, laxative, expectorant, demulcent, antipyretic, antitussive etc. properties. There is no scientific study on *Taryaq-i-Waba'i* has been done till date, but on the basis of scientific studies of its ingredients, it can be said that the compound has ability of prevention and management of such type of epidemic/pandemic diseases. So it is need of the time that, scientific studies and clinical trials should be done on this

compound formulation to ensure its scientific validation for clinical use in patients in general during pandemic spread.

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